

# Safety

NAS OCEANA

## SafetyGram

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The Navy Region, Mid-Atlantic Public Safety, Virginia Beach Safety Storefront publishes this SafetyGram and widest dissemination within your organization as encouraged. Please post on official bulletin boards and route to your staff. Our web site at [www.nasoceana.navy.mil/safety](http://www.nasoceana.navy.mil/safety) also has lots of additional information to improve your safety posture.



### *Safety Over The Festive Period*



At this time of year, understandably, our thoughts tend to wander towards the Christmas and New Year break but remember **accidents don't take a holiday** ! Statistics show there are increased seasonal risks therefore it is all the more important to remain focused on personal safety. Think also of those who may be affected by your actions - fellow workers, family and friends. This is equally important in the periods leading up to, during and following the festive break.

#### **Remember STOP and Take 5.**



**Before** the break - It is nice to look forward to forthcoming festivities but don't be distracted from working safely.

**During** the break - Time to forget about work for a while, and relax, but remain alert to hazards at home, on the road or while out and about.

**After** the break - You may have made, and broken, many resolutions but take a firm decision to return to work Safely !

**There is nothing complicated about it, in fact, it's as easy as A B C :**

**Avoid Becoming Complacent !!!**



## TREES

Many artificial trees are fire resistant. If you buy one, look for a statement specifying this protection.

A fresh tree will stay green longer and be less of a fire hazard than a dry tree. To check for freshness, remember:

- A fresh tree is green.
- Fresh needles are hard to pull from branches.
- When bent between your fingers, fresh needles do not break.
- The trunk butt of a fresh tree is sticky with resin.
- When the trunk of a tree is bounced on the ground, a shower of falling needles shows that tree is too dry.

Place tree away from fireplaces, radiators and other heat sources. Heated rooms dry trees out rapidly, creating fire hazards.

Cut off about two inches of the trunk to expose fresh wood for better water absorption. Trim away branches as necessary to set tree trunk in the base of a sturdy, water-holding stand with wide spread feet. Keep the stand filled with water while the tree is indoors.

Place the tree out of the way of traffic and do not block doorways. Use thin guy-wires to secure a large tree to walls or ceiling. These wires are almost invisible.

## "SNOW"

Artificial snow sprays can irritate lungs if inhaled. To avoid injury, read container labels; follow directions carefully.

## LIGHTS

Indoors or outside, use only lights that have been tested for safety. Identify these by the label from an independent testing laboratory.

Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Discard damaged sets or repair them before using.

Fasten outdoor lights securely to trees, house, walls or other firm support to protect



## TRIMMINGS

Use only non-combustible or flame-resistant materials.

Wear gloves while decorating with spun glass "angel hair" to avoid irritation to eyes and skin.

Choose tinsel or artificial icicles or plastic or non-leaded metals. Leaded materials are hazardous if ingested by children.

In homes with small children, take special care to:

- *Avoid decorations that are sharp or breakable.*
- *Keep trimmings with small removable parts out of the reach of children. Pieces could be swallowed or inhaled.*
- *Avoid trimmings that resemble candy or food. A child could eat them!*

## FIRES

Before lighting any fire, remove all greens, boughs, papers, and other decorations from fireplace area. Check to see that flue is open.

Keep a screen before the fireplace all the time a fire is burning.

from wind damage.

Use no more than three standard-size sets of lights per single extension cord.

Turn off all lights on trees and other decorations when you go to bed or leave the house. Lights could short and start a fire.

Never use electric lights on a metallic tree.

The tree can become charged with electricity from faulty lights, and any person touching a branch could be electrocuted! To avoid this danger, use colored spotlights above or beside a tree, never fastened onto it!

Keep "bubbling" lights away from children. These lights with their bright colors and bubbling movement can tempt curious children to break candle-shaped glass, which can cut, and attempt to drink liquid, which contains a hazardous chemical.

## **CANDLES**

Never use lighted candles on a tree or near other evergreens.

Always use non-flammable holders.

Keep candles away from other decorations and wrapping paper.

Place candles where they cannot be knocked down or blown over.

Use care with "fire salts" which produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation or vomiting if eaten. Keep away from children.

## **PAPER**

When making paper decorations, look for materials labeled non-combustible or flame-resistant.

Never place trimming near open flames or electrical connections.

Remove all wrapping papers from tree and fireplace areas immediately after presents are opened.

Do not burn papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.

## **General Rules for Holiday Safety**

- Keep matches, lighters, and candles out of the reach of children.
- Avoid smoking near flammable decorations.
- Make an emergency plan to use if a fire breaks out anywhere in the home. See that each family member knows what to do. **PRACTICE THE PLAN!**
- Avoid wearing loose flowing clothes - particularly long, open sleeves - near open flames - such as those of a fireplace, stove, or candlelit table.
- Never burn candles near evergreens. Burning evergreens in the fireplace can also be hazardous. When dry, greens burn like tinder. Flames can flare out of control, and send sparks flying into a room, or up the chimney to ignite creosote deposits.
- Plan for safety. Remember, there is no substitute for common sense. Look for and eliminate potential danger spots near candles, fireplaces, trees, and/or electrical connections.

## *Driving in Snow*

- Slow down. Triple the usual distance between your car and the one ahead.
- Stay in the plowed lane; avoid driving over the ridges between the plowed areas. If you must switch lanes, slow down, signal and move over slowly.
- If you skid, steer into the skid. If the back of your car is skidding to the left, for example, turn the steering wheel to the left.
- Don't pump your brakes, and avoid locking them up. If your brakes lock, take your foot off the brake pedal for a moment.
- If you're involved in a fender-bender, move the cars out of the lanes of travel.
- Keep a blanket and flashlight in the car.
- While driving, keep your headlights on. Keep snow and ice off your mirrors, windows and lights.
- As always, wear your seatbelts.

### **Additional Seasonal Driving Tips:**

Winter driving conditions can be quite dangerous, which means if you need to be outside, you should prepare yourself and your vehicle wisely. Remember that in winter weather, stopping is often the hard part, and it's the tires that do the stopping. So take proper care of them. They are a critical part of the three-member team - your car, your tires, and you - that can get you through the winter safely if you follow the rules.

**First**, think about your tires. Are they rated as all-season tires? That means they have a tread designed to give you better traction in the wet and in the snow. If not, a double dose of caution is called for. You might think about investing in winter tires (formerly called dedicated snow tires) if you live in a snowy area.

Remember, it is important to see your tire dealer for proper installation of winter tires on your vehicle. Are they properly inflated? The answer may well be "no," because as the temperature outside drops, the air inside a tire contracts and the pressure drops - one or two pounds for every ten degree drop. Contrary to common belief, underinflation does not give tires better traction in the snow. It only makes them more vulnerable to damage. Winter or summer, your tire's worst enemy is underinflation. Of course, you should check your tires when the weather turns cold, and bring them up to correct pressure.

**Second**, remember that no matter what kind of vehicle you drive, you still are driving on only four tires, just like everyone else. Four-wheel drive may help you go better in the snow, but it won't help you stop better, or keep you from skidding. Don't let your four-by-four make you overconfident!

**Third**, let your tires do the job they are designed for. They can keep you out of trouble if you use them correctly:

- Avoid sudden movements of the car. Accelerate gently. Turn gradually. Easy on the brakes when stopping. Those are ways to let the tread on your tires maintain good traction. Spinning or sliding tire means your vehicle is out of control.
- If you do go into a skid, and your car has an anti-lock braking system (ABS), apply steady pressure to the brakes and turn in the direction of the skid. Don't pump the brakes.
- If you get stuck in the snow, spinning your tires too fast can overheat them to the point where they will explode and cause injury. Rocking your vehicle gently back and forth is the correct way to get out of a problem. If your vehicle has ABS brakes, follow the instructions in the owner's manual.

## ***Ergo On the Go: Safety Tips for Laptop Computer Use***

The ideal “ergonomic” computer workstation consists of an adjustable desk and chair with separate computer screen, keyboard, and mouse. Adjustable furniture and separate computer components can be made to “fit” the needs of the user, rather than the user trying to “fit” the constraints of the workstation.

The design of laptop computers defies these basic ergonomic guidelines. Laptop users set up shop on any available surface, often in cramped spaces—a conference table, airplane tray, hotel bed, their own laps. Chairs are anything available to sit on from a folding chair to a lobby couch to a park bench. The computer screen, keyboard, and mouse are all-in-one units creating a single, fixed design with typically smaller features than in a standard computer set-up.

Despite the poor ergonomic design of laptop computers and their “on the go” use, there are some safety guidelines you can follow to avoid musculoskeletal discomfort and injury:

- Use a comfortable chair with no arm rests so you can easily move your arms.
- If you’re using your lap for your work surface, raise the screen height by using a footrest or placing a pillow under your laptop.
- Keep your elbows level with or slightly higher than the keyboard with your wrists in a neutral position (not bent).
- Do not pound the keys on the keyboard—with laptops, the touch is often lighter and the keyboard bed is shallow.
- When looking down at the screen, do not bend your neck and head forward to see. Tuck in your chin to look down, keeping your head and neck “balanced” over your spine.
- Take frequent, short rest breaks from the cramped quarters and poor posture inherent with laptop use.

Finally, a laptop is often heavy so you should avoid carrying one with a handle. Use a bag with a padded shoulder strap, remove unnecessary accessories to lighten your load, and switch the laptop bag from shoulder to shoulder to relieve the weight. Better yet, use a laptop bag with wheels or a wheeled luggage cart and roll your computer with you!

## **CPSC, Stihl Inc. Announce Recall of Chain Saws**



WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Stihl Inc., of Virginia Beach, Va., is voluntarily recalling about 3,000 chain saws. Fuel can leak out of the chain saw's tank, which could cause a fire or injury hazard to consumers.

Stihl has received six reports of fuel leakage. No fires or injuries have been reported.

The recalled Stihl chain saws include model number MS 170 and MS 180 C with serial numbers 255120848 through 255122797 and 255739074 through 255741150. The name "Stihl" and the model numbers are located on the starter housing. The serial number is printed on the housing near the bumper spikes. These chain saws were manufactured in Virginia Beach, Va.

Stihl dealers nationwide sold the chain saws from July 2002 through October 2002 for between \$180 and \$200.

Consumers should stop using the chain saws immediately and return them to the dealer where purchased for a free repair. For more information, consumers can contact Stihl at (800) 610-6677 between 9 a.m. and 5 p.m. ET Monday through Friday or log on to the company's website at [www.stihlusa.com](http://www.stihlusa.com)

## Protect Your Children From Carbon Monoxide Poisoning

Carbon monoxide is a colorless, odorless gas that cuts off oxygen to the brain and heart, and can cause death and neurological damage.

Symptoms of CO poisoning include headache, fatigue, nausea and dizziness. These symptoms are often mistaken for the flu by parents and healthcare professionals.

The danger to infants and children is especially high because they have elevated metabolic rates and the gas accumulates in their bodies faster than in adults. Unborn babies have a greater risk of birth defects, neurological disorders and death when the mother is exposed to carbon monoxide.

The National SAFE KIDS Campaign offers the following tips to protect your child from carbon monoxide poisoning:

- \* Install an Underwriters Laboratories (UL)-approved carbon monoxide detector. It is estimated that CO detectors may prevent half of all CO poisoning deaths. CO detectors should be installed in every separate sleeping area and on the ceiling at least 15 feet from fuel-burning appliances.

- \* If the CO alarm goes off, leave the home immediately and call the fire department or your local utility company. If a family member displays symptoms of CO poisoning, seek medical attention right away.

- \* Ensure that space heaters, furnaces, fireplaces and wood-burning stoves are vented properly and inspected annually. Have your chimney cleaned each year before cold weather arrives.

- \* Never leave your car's engine running in the garage, particularly if your garage is attached to your home.

- \* Never use an oven to heat your home.

**Extra, Extra** - Are you satisfied with 100%? When it comes to the recommended dietary allowance (RDA) of vitamin C, you probably shouldn't be. A serving of orange juice may deliver 100% of the RDA of vitamin C, but the RDA is only 75-90 milligrams. You may need much more vitamin C than that for optimum health. Increase your intake by adding a vitamin C supplement to your diet, or by eating more vitamin C-rich fruits and vegetables, such as strawberries and red bell peppers.

***From all of us at the Virginia Beach Safety Storefront serving NAS Oceana, Dam Neck Annex, Naval Air Landing Field and Dare County Bombing Range to you and your families, have a safe and fun holiday season.***